

## **CURRICULUM VITAE**

Laurene A. Rehman

### **Contact Information**

Mailing Address: School of Health and Human Performance, 6230 South Street, PO  
Box 15000, Halifax, NS, B3H 4R2  
Work phone: (902) 452-3689  
E-mail: Laurene.Rehman@dal.ca

### **Academic Appointment to Dalhousie**

August 2000 Tenure-track position at the Assistant Professor Rank  
July 2005 Tenure and promotion to Associate Professor Rank  
July 2012 Promotion to Full Professor Rank

### **Educational Background**

#### *a) Academic Qualifications*

Doctor of Philosophy (Recreation and Leisure Studies)	University of Waterloo Waterloo, Ontario	2000
Master of Arts (Behavioural and Managerial Research)	University of British Columbia Vancouver, British Columbia	1996
Bachelor of Human Kinetics (Leisure and Sport Administration)	University of British Columbia Vancouver, British Columbia	1994
Diploma in Arts and Sciences (Specialisation in Physical Education)	Selkirk College Castlegar, British Columbia	1992

#### *b) Professional Qualifications*

Academic Leadership Certificate, Dalhousie University	2019
Volunteer Management Trainers Workshop	2001

c) *Academic/Professional Awards*

Ambassador of Halifax, Destination Halifax	2014
Student Appreciation Award, Students Association of HAHP, Dalhousie University	2013
HIGH FIVE Nova Scotia Achievement Award	2010
Teaching/Mentorship Excellence Award, School of Health and Human Performance, Dalhousie University	2010
Volunteer Recognition from Recreation Nova Scotia	2002
University of Waterloo Graduate Student Scholarship	1998
University of Waterloo Doctoral Incentive Award	1998
Ontario Graduate Fellowship	1996, 1997
University Graduate Fellowship	1995
Top graduating mark in Leisure and Sport Administration	1994
British Columbia Recreation and Parks Association award	1994
President's Honour Roll	1991, 1992

**Employment History**

**Director, School of Health and Human Performance** (July 1, 2017-Present), Dalhousie University

**Assistant Dean, Research (students), Faculty of Health** (July 1, 2017-Present), Dalhousie University

**Professor** (July 1, 2012 – Present) School of Health and Human Performance, Dalhousie University

**President, Dalhousie Faculty Association** (May 1, 2016-May 30, 2017) Dalhousie University

**Division Head, Department of Recreation and Leisure Studies** (July 1, 2014-December 30, 2015) School of Health and Human Performance, Dalhousie University

**Acting Director, School of Health and Human Performance** (Jan. 1, 2014-June 30, 2014) Dalhousie University

**Division Head, Department of Recreation and Leisure Studies** (June 30, 2011-December 30, 2013) School of Health and Human Performance, Dalhousie University

**Associate Director of Undergraduate Studies** (July 1, 2008-June 30, 2011) School of Health and Human Performance, Dalhousie University

**Associate Professor** (July 1, 2005 – June 30, 2012)  
 School of Health and Human Performance, Dalhousie University

**Acting Associate Director of Graduate Studies** (July 1, 2005 – June 30, 2006) School  
 of Health and Human Performance, Dalhousie University

**Assistant Professor** (August 1, 2000 – June 30, 2005)  
 School of Health and Human Performance, Dalhousie University

**Assistant Professor** (August 1, 1998-July 31, 2000)  
 School of Physical Education, Recreation, and Athletics, Memorial University of  
 Newfoundland

**Sessional Instructor** (May 1, 1997-August 31, 1997; January 1, 1998-April 30, 1998; and May  
 1, 1998-August 31, 1998)  
 Department of Recreation and Leisure Studies, University of Waterloo  
 Responsibilities included the full administration of the following courses:  
 Recreation 304: Cultural Recreation (Summer 1998), Recreation 301/Sociology  
 347: Sociology of Leisure (Summer 1997 and Winter 1998).

**Workload Distribution**

Below is my workload since 2009 which indicates the breakdown of the work distribution based  
 on teaching, research, and service. The other category includes credit for administrative positions  
 I have held. I have not had an approved workload since 2017 as I have been the Director.

**Table 1: Summary table of typical approved annual workload from 2009-2023.**

<b>Time frame</b>	<b>2009-2010</b>	<b>2011-2012</b>	<b>2012-2013</b>	<b>2013-2014</b>	<b>2014-2015</b>	<b>2015-2016</b>	<b>2016-2017</b>	<b>2017-Present</b>
<b>Teaching</b>	40%	40%	40%	40%	40%	20%	0%	Director
<b>Research</b>	15%	35%	35%	35%	35%	15%	30%	
<b>Service</b>	5%	5%	5%	5%	5%	5%	10%	
<b>Other</b>	40%	20%	20%	20%	20%	10% Sabbatical leave Jan 1-June 30, 2016	60% DFA President	

## **Teaching Responsibilities**

### *a) Courses Taught at Dalhousie University*

**Leisure 2127: Leisure Theory** (Winter 2001\*, 2002, 2003, and Fall 2003), 0.5 credits, 30, 31, 23, and 28 students respectively, 39 hours of teaching

**Leisure 2384: Leisure for Persons' with Disabilities** (Fall 2000\*, 2001, 2003, Winter 2005, 2006), 0.5 credits, 25, 27, 30, 36, and 42 students respectively, 39 hours of teaching  
**Leisure 3296: Leadership and Group Dynamics** (Fall 2000\*, 2005, 2007, 2008, 2009,

2010, 2011, 2012, 2014), 0.5 credits, 40, 46, 31, 28, 33, 46, 72, and 53 (in both 2012 and 2014) students respectively, 39 hours of teaching

### **Leisure 3361: Recreation Administration I/Leisure 4362 Recreation**

**Entrepreneurship and Special Event Management\*\*** (Winter 2002\*, 2003, Fall 2003, 2005, 2007-2019), 0.5 credits, 5 students first three times, 12 in Fall 2005, 16 in Fall 2007, and 18 in Fall 2008, 38 in Fall 2009, 37 in Fall 2010, 35 in Fall 2011, 36 in Fall 2012, 40 in Fall 2013, 23 in Fall 2014, 20 in Fall 2015, 35 in Fall 2018, 36 in Fall 2019, 40 in Fall 2020, 10 in Fall 2021, and 17 in Fall 2022, 39 hours of teaching

**Leisure 3360: Analysis of Leisure Delivery Systems** (Winter 2003\*, 2004, 2005, 2006, 2008, 2009, 2010, 2011, 2012, 2013), 0.5 credits, 9 students in Winter 2003 and 2004, 10 students in Winter 2005, 18 students in Winter 2006, 24 in Winter 2008, 13 in Winter 2009, and 18 in Winter 2010, 26 in Winter 2011, 24 in Winter 2012, 33 in Winter 2013, 22 in Winter 2014, and 20 in Winter 2015, 39 hours of teaching

**Leisure 3370: Facility Design and Operations** (Winter 2008\*, 2009, 2010, 2011, 2012, 2013), 0.5 credits, 14 students in Winter 2008, 17 in Winter 2009, 22 in Winter 2010 and 2011, 27 in Winter 2012, 28 in Winter 2013, and 25 in Winter 2015, 39 hours of teaching

*Note: \* Course taught for the first time      \*\* Course renamed and re-titled*

### *b) Thesis/Graduate Research Projects/Advisory Committees*

#### *i) Theses Supervised*

Graduate (Ph.D.)

Watson, C. (In progress and co-supervised with Dr. Debbie Martin). Exploring the play experiences of school-aged Indigenous African Nova Scotian girls in outdoor environments.

Tweedie, C. (In progress). What are the girls doing? Exploring physical activity engagement in rural Nova Scotian girls and their mothers in a living with Covid era.

Alzrhani, N. (2023 and co-supervised with Dr. Jo Bryant). The Effect of Dietary Protein on Satiety and Weight Loss During Intermittent Fasting in Overweight and Obese Women”. Ph.D. in Health, Dalhousie University.

Spencer, R. (2019 and co-supervised with Dr. Sara Kirk). Picture perfect? Gazing into girls’ health, physical activity, and nutrition through photo voice.

Hennessey, S. (2016). An assessment of workplace comprehensive self-care programs and an exploration of the self-care experience: A mixed methods study.

Durant, M. (2008). A study of the determinants of body mass index in a population of Nova Scotia youth.

#### Graduate (M.A.)

Copeland, K. (2015). Program evaluation of kids run club experiences of girls in grades 4-6.

Maguire, Michael. (2013). Exploring the effect on the self-perception of youth participating in a survival swimming program.

Maguire, Matt. (2012). Youth perceptions of the benefits received from participating in a structured leisure activity.

Whittle, K. (2012). An exploratory study to examine the relationship between academic achievement and physical activity in girls in grades 4 to 6 in NS.

Harding, A. (2009). What physically stands in their way? Discovering what it will take to get NS youth physically active.

Miller, A.J. (2008). NS outdoor recreation service providers: Internal and external influences when developing and creating business strategies.

Willson, C. (2007). The role of leisure in balancing work and family: For fulltime sales professionals in dual earner partnerships.

Richardson, L. (2006). Examining how social supports assist adolescent girls to negotiate constraints to physical activity.

Pickard, T. (2004). Management strategies used within small outdoor recreation business and its effect on the owners' health and leisure participation.

#### Graduate (M.Sc.)

Elliott, R. (2010). An after-school activity intervention for children: Examining the YMCA CATCH Kids Club program.

#### Undergraduate Honours (BSc Recreation)

Ndadzungira, K. (2015). What I am doing now works: The current awareness of accessible tourism by providers in Halifax, Nova Scotia. School of Health and Human Performance, Dalhousie University.

Leest, M. (2014). Exploring young girls' disengagement in physical activity: A qualitative interview study. School of Health and Human Performance, Dalhousie University.

Freisdadt, K. (2012). The experience of CTRS practitioners with client assessment and leisure program selection. School of Health and Human Performance, Dalhousie University.

#### Undergraduate Honours (BSc Health Promotion)

Hong, A. (2010). Exploration of the effects of screen time on physical activity and other health outcomes among Young Korean Immigrants. School of Health and Human Performance, Dalhousie University.

#### ii) Thesis Committee Member

#### Graduate (Ph.D.)

Franz, A. (completed comprehensive exams). Osteoarthritis and water exercise. Ph.D. in Health, Dalhousie University.

Joy, P. (2020). Through the looking glass: A post-structural and queer photo-voice project exploring nutrition and bodies among gay men. Ph.D. in Health, Dalhousie University.

Balish, S. (2016). An intuitionist model of sport motivation. Interdisciplinary Ph.D., Dalhousie University.

Huybers, S. (2016). Gender identity constructions of Canadian mountain bikers and the relationship to participation and risk taking. Interdisciplinary Ph.D., Dalhousie University.

Graduate (M.A.)

Dunphy Morris, S. (2018). Parent and early childhood educator perceptions of physical health and wellbeing in the early years. School of Health and Human Performance, Dalhousie University.

Rand, K. (2017). The prevalence of weight-based teasing in recreational sports in Nova Scotia. School of Health and Human Performance, Dalhousie University.

Seguin, A. (2017). Age stereotypes and physical activity. School of Health and Human Performance, Dalhousie University.

Hopper, T. (2015). Leisure...how much time do we really spend engaged? A secondary data analysis of subjective mental health and time engaged in leisure. School of Health and Human Performance, Dalhousie University.

Sibba, E. (2012). Student, parental, and staff perceptions of the food environment in a NS public elementary school. School of Health and Human Performance, Dalhousie University.

Goncalves, T. (2012). For Therapeutic Recreation professionals in Canada: What are the skills and knowledge required for competent practice? School of Health and Human Performance, Dalhousie University.

Spencer, R. (2012). The experience of peer mentoring in grades 4, 5, and 6 students from the Heart Healthy Kids program. School of Health and Human Performance, Dalhousie University.

Orava, T. (2010). Exploring the relationships between healthy active living marketing and family eating and physical activities perceptions and behaviours. School of Health and Human Performance, Dalhousie University.

Howell, M. (2010). Experimental educator's views and opinions of youth's interactions with their environment during the sailing expedition. School of Health and Human Performance, Dalhousie University.

Baker, S. (2009). Leisure and older single women: A qualitative exploration. School of Health and Human Performance, Dalhousie University.

Hogan, D. (2009). Effects of a life history vignette on family member communication with persons with dementia. School of Health and Human Performance, Dalhousie University.

Bell, H. (2008). More than between the start and finish line: Women 50 and over and outrigger canoe paddling. School of Health and Human Performance, Dalhousie University.

Hasek-Watt, M. (2008). The experience of living with arthritis. School of Health and Human Performance, Dalhousie University.

Phillips, L. (2008). It takes two to tango: Partner support and the physical environment as determinants of contraceptive use and contraceptive method. School of Health and Human Performance, Dalhousie University.

LeBlanc, A. (2003). Bridging the gap between theory/research and practice. School of Health and Human Performance, Dalhousie University.

Dumonde, C. (2002). Learning outside the box: Students' perceptions of leading an earth education program School of Health and Human Performance, Dalhousie University.

Whyte, C. (2002). Leisure patterns of aging Canadian female boomers. School of Health and Human Performance, Dalhousie University.

Currie, M. (2001). A comparative study of the perception of quality service delivery in a community recreation setting. School of Health and Human Performance, Dalhousie University.

#### Graduate (M.Sc.)

Roach, L. (2016). Project PLaY (Physical Literacy in the early Years): Examining the effects and relative enjoyment of structured and play-based fundamental movement skill interventions in preschool children. School of Health and Human Performance, Dalhousie University.

Lewis, J. (2005). A hermeneutical analysis of the role of parental support in promoting physical activity for children. School of Health and Human Performance, Dalhousie University.



Bennett, T. (2004). Comparison of pedometer and accelerometer measures of free-living physical activity in children. School of Health and Human Performance, Dalhousie University.

Nordqvist, D. (2003). A comparison of correlates and level of physical activity in normal and overweight children and youth. School of Health and Human Performance, Dalhousie University.

Bharatan, R. (2003). Assessment of stressors and response in the electronic workplace: Testing the validity and reliability of a questionnaire. School of Physiotherapy, Dalhousie University.

Kirby, I. (2003). Risk factors associated with physical inactivity and body mass index in children and youth. School of Health and Human Performance, Dalhousie University.

**Table 2: Summary table of graduate student committee membership and supervision.**

	Total number of students		
	Undergraduate honours students	Masters students	Doctorate students
Research supervisor	4	10	5
Committee member	0	24	5
<i>Total</i>	<i>4</i>	<i>34</i>	<i>10</i>

c) *Courses Taught Previously at Memorial University of Newfoundland*

- Business 6020:** **Tourism Management** (Fall 1999), 10 hours taught
- Recreation 4525:** **Planning for Recreation Settings** (Fall 1998 and 1999)
- Recreation 4555:** **Recreation Leadership** (Winter 1998 and 1999, and Spring 1999),
- Recreation 4565:** **Recreation Promotion and Marketing** (Winter 1999 and 2000)
- Recreation 4585:** **Financing Recreation Services** (Winter 1999 and 2000)
- Recreation 4600:** **Introduction to Research Methods** (Winter 2000)

**Scholarly Activity/Research**a) *Publications*i) Publications in Refereed Journals – 36 items follow

Caldwell, H. A. T., Miller, M. B., Tweedie, C., Zahavich, J. B. L., Cockett, E., & Rehman, L. (2022). The Impact of an After-School Physical Activity Program on Children's Physical Activity and Well-Being during the COVID-19 Pandemic: A Mixed-Methods Evaluation Study. *International Journal of Environmental Research and Public Health*, 19(9). <https://doi.org/10.3390/ijerph19095640>

Rainham, D. G., Bennett, M., Blanchard, C. M., Kirk, S. F., Rehman, L., Stone, M., & Stevens, D. (2022). Parents and Children Should Be More Active Together to Address Physical Inactivity and Sedentary Behaviours. *Frontiers in public health*, 10, 633111. <https://doi.org/10.3389/fpubh.2022.633111>

Joy, P., Numer, M., Kirk, S., Aston, M., Goldberg, L., & Rehman, L. (2022). Bodies becoming art: Using a Deleuzian approach to explore the bodies and health of gay men. *Journal of Applied Arts & Health*. [https://doi.org/10.1386/jaah\\_00101\\_1](https://doi.org/10.1386/jaah_00101_1)

Caldwell, H.A., Faulkner, G., Tremblay, M.S., Rhodes, R.E., de Lannoy, L., Kirk, S.F.L., Rehman, L., & Moore, S.A. (2022). Regional differences in movement behaviours of children and youth during the second wave of the COVID-19 pandemic in Canada: follow-up from a national study. *Can J Public Health*, <https://doi.org/10.17269/s41997-022-00644-6>

Moore, S.A., Vanderloo, L.M., Birken, C.S., & Rehman, L.A. (2022). Reimagining healthy movement in the era of the pandemic. *Health Promotion and Chronic Disease Prevention in Canada, Special Issue*, 42(4):125-8. <https://doi.org/10.24095/hpcdp.42.4.01>

MacQuarrie, M., McIsaac, J.D., Cawley, J., Kirk, S.F.L., Kolen, A.M., Rehman, L., Spencer, R.B., & Stone, M.R. (2022). Exploring parents' perceptions of preschoolers' risky outdoor play using a socio-ecological lens. *European Early Childhood Education Research Journal*, 30(3), 372-387. DOI: 10.1080/1350293X.2022.2055103

Caldwell, H.A.T., Miller, M.B., Tweedie, C., Zahavich, J.B.L., Cockett, E., & Rehman, L. (2022). The Effect of an After-School Physical Activity Program on Children's Cognitive, Social, and Emotional Health during the COVID-19 Pandemic in Nova Scotia. *Int. J. Environ. Res. Public Health*, 19, 2401. <https://doi.org/10.3390/ijerph19042401>.

Hennessey, S., & Rehman, L. (2020). Anatomy of an effective workplace health intervention: A comprehensive new model. *International Journal of Workplace Health Management*, 13(5), pp. 461-475. <https://doi.org/10.1108/IJWHM-05-2019-0079>

Spencer, R.A., Joshi, N., Branje, K., McIsaac, J.D., Cawley, J., Rehman, L., Kirk, S., & Stone, M. (2019). Educator perceptions of the benefits and challenges of loose parts play in the outdoor environments of childcare centres. *AIMS Public Health*, 6(4), 461-476. DOI: 10.3934/publichealth.2019.4.461.

Houser, N., Stone, M.R., Cawley, J., Kolen, A.M., Rainham, D., Rehman, L., Turner, J., Kirk, S.F.L. (2019). A loose parts intervention to promote active outdoor play in preschool-aged children: Physical Literacy in the Early Years (PLEY) project. *Methods Protoc*, 2(2), 27; DOI:10.3390/mps2020027.

Stone, M.R., Houser, N., Cawley, J., Kolen, A.M., Rainham, D., Rehman, L., Turner, J., Kirk, S.F.L. (2019). Accelerometry-measured physical activity and sedentary behaviour of preschoolers in Nova Scotia, Canada. *Applied Physiology, Nutrition and Metabolism*.

McIsaac, J.D., Jarvis, S., Olstad, D.L., Naylor, P.J., Rehman, L., & Kirk, S.F.L. (2018). Voluntary nutrition guidelines to support healthy eating in recreation and sports settings are ineffective: findings from a prospective study. *AIMS Public Health*, 5(4), 411-420. DOI: 10.3934/publichealth.2018.4.411.

Gallant, K., Litwiller, F., Hamilton-Hinch, B., Hutchinson, S., Rehman, L., & Singleton, J. (2017). Community-based experiential education: Making it meaningful to students means making it meaningful for everyone, *SCHOLE: A Journal of Leisure Studies and Recreation Education*, 32:2, 146-157, DOI: [10.18666/SCHOLE-2017-V32-I2-3](https://doi.org/10.18666/SCHOLE-2017-V32-I2-3)

Spencer, R., Vallis, M., Aston, M., Price, S., Paccini-Vallis, H., Rehman, L., & Kirk, S. (2017). "It is not the diet; it is the mental part we need help with": A multilevel analysis of psychological, emotional, and social well-being in obesity. *International Journal of Qualitative Studies on Health & Well-being*, 12:1, 1306421, DOI: 10.1080/17482631.2017.1306421.

Bruner, M., Balish, S., Forrest, C., Brown, S., Webber, K., Gray, E., McGuckin, M., Keats, M.R., Rehman, L., & Shields, C. (2017). Ties that bond: Youth sport as a vehicle for social identity and positive youth development. *Research Quarterly for Exercise and Sport*, 88(2), 209-214. DOI: 10.1080/02701367.2017.1296100.

Spencer, R., Rehman, L., & Kirk, S. (2015). Understanding gender norms, nutrition, and physical activity in adolescent girls: a scoping review. *International Journal of Behavioral Nutrition and Physical Activity* 12(6), 1-10.

Price, S., Aston, M., Rehman, L., Lyons, R. & Kirk, S. (2015). Feminist Post-structural Analysis of Obesity Management: A Relational Experience. *Clinical Nursing Studies*, 3(3), 7686.

Kirk, S.F.L., Price, S.L., Penney, T.L., Rehman, L., Lyons, R.F., Piccinini-Vallis, H., Vallis, T.M., Curran, J., & Aston, M. (2014). Blame, shame, and lack of support: A multi-level study on obesity management. *Qualitative Health Research, 24*(6), 790-800.

Chircop, A., Pitter, R., Rehman, L., Kirk, S., Manuel, P., Shearer, C., Sims, M., & Flannery, M. (2013). Privileging physical activity over healthy eating in Canadian families: “Time to choose?” *Health Promotion International, 30*(3), 1-9.

Shearer, C., Blanchard, C., Kirk, S., Lyons, R., Drummer, T., Pitter, R., Rainham, D., Rehman, L., Shields, C., Sim, M. (2012). Physical activity and nutrition among youth in rural, suburban, and urban neighbourhood types. *Canadian Journal of Public Health, 103*(supplement 3), SS5-SS9.

Wadsworth, L., McHugh, T.L., Campagna, P.D., Durant, M.D., Murphy, R.J.L., Rehman, L.A., & Thompson, A.M. (2012). Dietary intake of NS youth in grade 7 and 11. *Canadian Journal of Dietetic Practice and Research 73*(1), 14-20.

Thompson, A.M., McHugh, T.L., Blanchard, C., Campagna, P.D., Durant, M., Murphy, R.J.L., Rehman, L.A., & Wadsworth, L.A. (2009). Physical activity of children and youth in Nova Scotia from 2001/02 and 2005/06. *Preventive Medicine, 49*(5), 407-409.

Thompson, A.M., Campagna, P.D., Durant, M., Murphy, R.J.L., Rehman, L.A., & Wadsworth, L.A. (2009). Are overweight students in grades 3, 7, and 11 less physically active than their healthy weight counterparts? *International Journal of Pediatric Obesity, 4*(1), 28-35.

Rehman, L., Reading, C., & Unruh, A. (2009). “You grow from it...you get more spiritual”: An exploration of spirituality and health for unpaid caregivers. *Leisure/Loisir, 33*(1), 367-388.

St. John, M., Durant, M., Campagna, P.D., Rehman, L., Thompson, A.M., Wadsworth, L., Murphy, R.J.L. (2008). Overweight Nova Scotia children and youth: The roles of household income and adherence to Canada’s Food Guide to Healthy Eating. *Canadian Journal of Public Health, 99*(4), 301-305. (I was involved in the data analysis and writing of this article as well as project administration).

Gahagan, J., Rehman, L., Barbour, L., & McWilliam, S. (2007). The preliminary findings of a sample of young heterosexual males regarding HIV prevention education programming in Nova Scotia, Canada. *Journal of HIV/AIDS Prevention and Education for Adolescents and Children, 8*(1), 135-153. (I was involved in the project administration, data analysis and writing of this paper).

Gahagan, J., Loppie, C., MacLellan, M., Rehman, L., & Side, K. (2007). “Far as I get is the clothesline”: The impact of leisure on women’s health and unpaid caregiving in Nova Scotia,

Canada. *Health Care for Women International*, 28(1), 47-68. (All authors equally contributed and names are simply alphabetized)

Gahagan, J., Rehman, L., & Baxter, L. (2006). Living with HIV: An exploration of the work-related experiences of those living with HIV in Nova Scotia, Canada. *International Journal of Disability and Community Rehabilitation*, 5(1). Available online at [http://www.ijcdr.ca/Vol05\\_01\\_CAN/articles/gahagan.shtml](http://www.ijcdr.ca/Vol05_01_CAN/articles/gahagan.shtml). (I was involved in the data analysis and writing of the paper).

Thompson, A., Campagna, P., Rehman, L.A., Murphy, R.J.L., Rasmussen, R.L., & Ness, G.W. (2005). Physical activity and body mass index in grade 3, 7, and 11 Nova Scotia students. *Medicine & Science in Sports & Exercise*, 37(11), 1902-1908.

Thompson, A., Rehman, L., & Humbert, L. (2005). Factors influencing physical activity in children and youth: A qualitative study. *Leisure Sciences*, 27, 421-438.

Rehman, L., Gahagan, J., DiCenso, A.M., & Dias, G. (2004). Harm reduction and women in prison: Policy or practice? *Women and Health*, 40(4), 57-74.

Rehman, L., Campagna, P., Kirby, I., Ness, G.W., Murphy, R.J.L., Rasmussen, R., Thompson, A., Porter, J., Drosbeck, C., & Arthur, M. (2003). "I just want to have fun, but can I?" Examining leisure constraints and negotiation by children and adolescents. *World Leisure Journal*, 45(2), 22-32. (I was involved in the data analysis, administration of the research project, and writing of this article.)

Campagna, P.D., Rehman, L.A., Nordqvist, D., Murphy, R.J.L., Ness, G., Porter, J., Rasmussen, R., & Thompson, A. (2002). Children's participation in physically active leisure: Income, gender, and regional differences. *Journal of Park and Recreation Administration*, 20(4), 170-184. (I was involved in the data analysis, administration of the research project, and writing of this article.)

Rehman, L.A. (2002). Recognizing the significance of culture: Exploring hidden assumptions of homogeneity. *Leisure Sciences*, 24(1), 43-58.

Rehman, L.A., & Frisby, W. (2000). Self employment for women in the fitness and sport industry: Having it all? *The Journal of Sport Management*, 14(1), 41-62. (I was involved in writing this article and it is based on the findings from my Master's thesis.)

Gilbert, A., Smale, B.J.A., Rehman, L.A., & Ferris, L. (1998). A research approach to the redesign of a therapeutic recreation assessment process. *Global Therapeutic Recreation*, 5, 29-46. (I was involved in the development of the data collection instrument, the analysis, and the writing of this article.)

ii) Book Chapters – 7 items follow

Kaczynski, A., & Rehman, L. (2013). Chapter 5: The built environment and leisure behaviour. In R.E. McCarville & K. MacKay (Eds.), *Leisure for Canadians*, 2<sup>nd</sup> ed. State College, PA: Venture Publishing, Inc.

Rehman, L., & Ipson, N. (2013). Chapter 22: Private sector providers. In R.E. McCarville & K. MacKay (Eds.), *Leisure for Canadians*, 2<sup>nd</sup> ed. State College, PA: Venture Publishing, Inc.

Ipson, N., Rehman, L., & Stegen, D. (2010). Chapter 13: Public relations and marketing of recreation. In B. van der Smissen, M. Moiseichik, V.J. Hartenburg, & L.F. Twardzik (Eds.), *Management of park and recreation agencies*, 3<sup>rd</sup> ed. NRPA.

Rehman, L., Ipson, N., & Richardson, L. (2008). Chapter 23: Private sector commercial recreation providers (pp. 213-222). In R.E. McCarville, K. MacKay (Eds.), *Leisure for Canadians*, State College, PA: Venture Publishing, Inc.

Ipson, N., Rehman, L., & Christyson, M.J. (2005). Chapter 12: Recreation marketing management. In B. van der Smissen, M. Moiseichik, V.J. Hartenburg, & L.F. Twardzik (Eds.), *Management of park and recreation agencies* (p. 341-352). NRPA. (I was an equal contributor in the writing of this book chapter.)

Robinson, L., Rehman, L., & MacQueen, J. (2002). Riding the slipstream: An experience with multidisciplinary working partnerships. In L. Lawrence & S. Parker (Eds.), *Leisure Studies: Trends in theory and research*. Eastbourne, UK: Leisure Studies Association. (I was an equal contributor in the research and writing of this book chapter.)

Rehman, L.A. (2001). Using Eichler to inform family leisure research. In S. Clough, & J. White (Eds.), *Women's leisure experiences: Ages, stages, and roles*. Eastbourne, UK: Leisure Studies Association.

iii) Published Conference Abstracts (Peer Reviewed) – 36 items follow

Campbell JE, Stone MR, Mitra R, Rehman, L, Kirk SFL, Faulkner G, Tremblay MS, Moore SA. (submitted). Did children and youth's movement behaviours differ by phases and geographic region during COVID-19? A repeated cross-sectional study with spatial analysis in Nova Scotia, Canada. *Pediatric Work Physiology conference*, Swansea, Wales, UK, September 6-9, 2023.

Caldwell, H.A.T., Miller, M.B., Tweedie, C., Zahavich, J.B.L., Cockett, E., & Rehman, L. (Oct, 2021). The effect of an after-school physical activity program on children's cognitive,

social, and emotional health during the COVID-19 pandemic. *8th International Society for Physical Activity and Health (ISPAH)*

Caldwell, H.A.T., Miller, M.B., Tweedie, C., Zahavich, J.B.L., Cockett, E., & Rehman, L. (Sept, 2021). The impact of an after-school physical activity program on children's physical activity and well-being during the COVID-19 Pandemic: A mixed methods evaluation study. *32nd Paediatric Work Physiology (PWP) Conference*.

Stone, M., Kolen, A., Rainham, D., Rehman, L., Turner, J., Cawley, J., Houser, N., Kirk, S. (Sept. 2017). Physical literacy in the early years project (PLEY). *International Play Association, 2017*. (I was involved in the research project as well as the writing of the abstract).

Rehman, L., Balish, S., Bruner, M., Keats, M., & Shields, S. (May, 2017). Engaging community recreation and sport professionals: Inclusive recreational sports or exclusive? *Canadian Congress on Leisure Research 15*. Waterloo, ON. (I was involved in the research project and was the presenter).

Hutchinson, S., Gallant, K., Fenton, L., Fingold, M., Kingdon, B., Rehman, L., & Hamilton-Hinch, B. (June, 2015). Multiple Stakeholder Perspectives on the Value (and Challenges) of Community-Based Experiential Learning in Human Services-Oriented Programs. *Achieving harmony: Tuning into practice, the 35th Annual Conference of the Society for Teaching and Learning in Higher Education (STLHE)*. Vancouver, BC. (I was involved in the research project and development of the abstract).

Rainham, D., Blanchard, C., Dummer, T., Kirk, S., Lyons, S., Rehman, L., & Shearer, C. (July, 2013). Activity Space Measures of Access to Residential and School Neighbourhood Food Environments, Diet and BMI among Youth. *International Medical Geography Symposium*. East Lansing, MI, USA.

Holt, J., Rehman, L., & Singleton, J. (May, 2011). The stance of leisure studies: Looking for MOBI: The great white leisurely whale. *Canadian Congress on Leisure Research 13*. St. Catherine's, ON. (I was the presenter at this conference and wrote the abstract).

Rehman, L., Kirk, S., & Lyons, R. (May, 2011). Exploring the work involved with weaving the tapestry of active family leisure. *Canadian Congress on Leisure Research 13*. St. Catherine's, ON. (I was the presenter at this conference and wrote the abstract).

Whittle, K., Rehman, L., Barnes, L., & Singleton, J. (June, 2010). An exploratory study to examine the relationship between academic achievement and physical activity of girls in grades four to six living in the Halifax Regional Municipality. Poster presentation at the *Student Obesity Meeting*, Ottawa, ON.

Chircop, A., Rehman, L., Chircop, A., Lyons, R., Grant, J., Rehman, L., Flannery, M.,

Kirk, S., Manuel, P., Pitter, R., & Shearer, C. (October, 2009). Hey look! Youths' photographs and their families' narratives provide insight into the complex relationship of the built environment and youth obesity in Nova Scotia. Oral presentation at the *Qualitative Health Research Conference*, Vancouver, BC.

Harding, A., Rehman, L., Arthur, M., Campagna, P., Durant, M., Murphy, R., Thompson, A.M., & Wadsworth, L. (May, 2008). Socio-demographic differences in physically active leisure behaviours and preferences of Nova Scotia children and youth. *Canadian Congress on Leisure Research 12*, 170-174. (I was a co-author on the abstract and assisted in the development and delivery of the presentation).

Rehman, L., Cohen, A., & Singleton, J. (May, 2008). Environmental ambivalence: An exploration of recreation students' attitudes about the environment. *Canadian Congress on Leisure Research 12*, 353. (I was a co-author and presenter on the presentation).

Willson, C., & Rehman, L. (May, 2008). The role of leisure in balancing work and family: An exploration of the experience of full-time sales professionals. *Canadian Congress on Leisure Research 12*, 494-498. (I was a co-presenter and author of the abstract).

Thompson, A.M., Arthur, M.A., Campagna, P.D., Durant, M., Murphy, R.J.L., Rehman, L.A., Wadsworth, L.A., (April, 2008). Physical activity and body mass index of children and youth in the province of Nova Scotia 2001/2002 and 2005/2006, *Active Living Research 2008: Connecting Active Living Research to Policy Solutions*, 106-7.

Durant, M., Campagna P.D., Murphy, R.J.L., Rehman, L.A., Thompson, A.M., & Wadsworth, L.A. (July, 2007). Dietary intake, the new "CFG" and NS youth. *2<sup>nd</sup> Annual Atlantic Networks for Prevention Research conference: Assessment and Action for Healthy Settings*. St. John's, NF.

Fox, D.L., Campagna, P.D., Durant, M., Rehman, L., Thompson, A.M., Wadsworth, L., Murphy, R.J.L. (July, 2007). Screen time and obesity of boys and girls in NS. *2<sup>nd</sup> Annual Atlantic Networks for Prevention Research conference: Assessment and Action for Healthy Settings*. St. John's, NF.

Murphy, R.J.L., Campagna, P.D., Durant, M., Rehman, L., Thompson, A.M., Wadsworth, L. (July, 2007). Walking to school – Doesn't anyone do that anymore? *2<sup>nd</sup> Annual Atlantic Networks for Prevention Research conference: Assessment and Action for Healthy Settings*. St. John's, NF.

Wadsworth, L.A., Arthur, M.H., Rehman, L.A., & Thompson, A.M. (2006). Perceived barriers to physical activity in Nova Scotia youth: Implications for health promotion messages. *Journal of the American Dietetic Association*, 106(8), Suppl 2: A-41.



Rehman, L.A., Campagna, P., & Thompson, A. (May, 2005). "Monkey see, monkey do": Parental role modelling and the impact on children's physically active leisure. *Canadian Congress on Leisure Research 11*. Nanaimo, British Columbia. (I was the presenter at this conference and wrote the abstract).

Rehman, L.A., Gahagan, J., & McWilliam, S. (May, 2005). "There is always the drunk sex!" "Partying" and risk of HIV transmission among young heterosexual males. *Canadian Journal of Infectious Diseases and Medical Microbiology*, 16(Supplement A), 34A.

Rehman, L.A., Ipson, N., Pickard, T., & Richardson, L. (May, 2005). Exploring the experiences of recreation-based small business owners. *Canadian Congress on Leisure Research 11*. Nanaimo, British Columbia. (I was a co-presenter at this conference and shared the writing of the abstract).

Campagna, P. D., Thompson, A.M., Rehman, L., Rasmussen, R.L., Ness, G.W., Murphy, R.J.L., & Porter, J. (2003). Physical activity levels in grade 3 children during the school day. *Canadian Journal of Applied Physiology*, 28(Supplement), S40.

Bennett, T.L., Campagna, P. D., Thompson, A.M., Rehman, L., Rasmussen, R.L., Ness, G.W., Murphy, R.J.L., & Porter, J. (2003). Physical activity levels in children and youth: Weekday vs. weekend. *Canadian Journal of Applied Physiology*, 28(Supplement), S32.

Thompson, A.M., Campagna, P. D., Thompson, A.M., Rehman, L., Rasmussen, R.L., Ness, G.W., Murphy, R.J.L., & Porter, J. (2003). Physical activity levels of students in Grades 3, 7, and 11 according to Body Mass Index. *Canadian Journal of Applied Physiology*, 28(Supplement), S109.

Lewis, J., Campagna, P. D., Thompson, A.M., Rehman, L., Rasmussen, R.L., Ness, G.W., Murphy, R.J.L., & Porter, J. (2003). A comparison of reference values for BMI and percent body fat in children and youth. *Canadian Journal of Applied Physiology*, 28(Supplement), S77.

Gahagan, J., & Rehman, L. (2003). To enter or reenter the workplace: An exploration of the experiences of a sample of PHAs in Nova Scotia. *The Canadian Journal of Infectious Diseases*, 14(Supplement A), 63A. (I was involved in the data analysis, and writing of this abstract).

Gahagan, J., Rehman, L., & DiCenso, A.M. (2003). Unlocking our futures: Exploring HIV/HCV prevention, care, and treatment for women living in the Canadian federal prison system. *The Canadian Journal of Infectious Diseases*, 14(Supplement A), 74A. (I was involved in the data analysis and writing of this abstract).

Gahagan, J., Rehman, L., Reynolds, A., McWilliam, S., & Robinson, N. (2003).

Where's buddy? The continuing absence of young heterosexual males in the HIV prevention education discourse. *The Canadian Journal of Infectious Diseases*, 14(Supplement A), 61A. (I was involved in the administration of the project, data analysis, and writing of this abstract).

McWilliam, S., Robinson, N., Gahagan, J., Rehman, L., & Reynolds, A. (2003). We hear you loud and clear: Listening to what young heterosexual males in Nova Scotia have to say about their sexual health education needs. *The Canadian Journal of Infectious Diseases*, 14(Supplement A), 67A. (I was involved in the administration of this project and the data analysis).

Robinson, N., McWilliam, S., Gahagan, J., Rehman, L., & Reynolds, A. (2003). But we 'trust' each other: Moving beyond trust and exploring condom use among young adults. *The Canadian Journal of Infectious Diseases*, 14(Supplement A), 66A. (I was involved in the administration of this project and the data analysis).

Nordqvist, D., Campagna, P. D., Rehman, L., Ness, G.W., Murphy, R.J.L., Rasmussen, R.L., Thompson, A.M., & Porter, J.P. (2002). A comparison of body composition, correlates and physical activity levels of grade 3 children in two regions of Nova Scotia. *Canadian Journal of Applied Physiology*, 27(Supplement), S37.

Rehman, L., Robinson, L., & MacQueen, J. (May, 2002). Celebrating Net gains: Transforming the nature of leisure. *Canadian Congress on Leisure Research 10*. Edmonton, Alberta. (I was involved in the data collection, analysis, and writing of this abstract.)

Rehman, L. (October, 2001). Myth or reality: Leisure experiences of home-based workers. *National Recreation and Parks Association Annual Conference*. Denver, Colorado.

Rehman, L.A. (May, 1999). Sport, fitness, and recreation entrepreneurship: The doubleedged sword. *Canadian Congress on Leisure Research 9*. Wolfville, Nova Scotia.

Rehman, L.A. (October, 1997). Entrepreneurship in the fitness and sport industry: The strategies of women consultants. *National Recreation and Parks Association Conference*. Salt Lake City, Utah.

iv) Published Conference Papers - peer reviewed – 3 items follow

Manuel, P., Grant, G., Rainham, D., Chircop, A., Rehman, L., Lyons, R., Blanchard, C., & Dummer, T. (October, 2010). *You want us to do what, where ? Investing in youth health through the built environment*. Paper presentation at the 48<sup>th</sup> International Making Cities Liveable Conference, Charleston, SC.

Rehman, L.A., Genoe, R., Pickard, T., Ipson, N, Shaw, S. (November, 2003). Examining the “engines of progress”: Gender differences in small business ownership and worklife negotiation. *Canadian Council for Small Business and Entrepreneurship Annual Conference*. Victoria, British Columbia.

Rehman, L.A., Pickard, T., Genoe, R., Ipson, N, Shaw, S. (November, 2003). The Negotiation of Work, Family, and Leisure by Small Business Owners: What impact do “engines of progress” have upon the Owners? *Canadian Council for Small Business and Entrepreneurship Annual Conference*. Victoria, British Columbia.

v) Non-refereed publications and reports – 7 items follow

Lawrence, L., Fancy, T., & Rehman, L. (2015). Evaluation of stepping up: Five year evaluation plan of the Halifax Stepping Up physical activity strategy. *Stepping Up: Making physical activity the easy choice in the Halifax region*.

Rehman, L. (2009). *Where it's AT: Exploring issues to advancing Active Transportation in Nova Scotia*. Union of Nova Scotia Municipalities Active Transportation Committee.

Rehman, L. (2009). *“Just stop driving us everywhere!” Not quite so easy: An environmental scan of factors influencing youth walking in Nova Scotia*. The Heart and Stroke Foundation of Nova Scotia.

Gahagan, J., Loppie, C., MacLellan, M., Rehman, L., & Side, K. (2004). *Caregiver resilience and the quest for balance: A report on the findings of the focus groups*. Atlantic Centre of Excellence for Women's Health.

Rehman, L., & Gahagan, J. (2003). *“Everyone has a right to a home.” A community needs assessment of harm reduction supports for the “hard to house” in Halifax Regional Municipality*. Halifax Regional Municipality. Halifax, Nova Scotia.

Rehman, L., Thompson, A., Campagna, P., Pickard, T., Bennett, T., & Perks, A. (2003). *Physical activity counselling by healthcare professionals in Nova Scotia: The need for a consistent message*. Nova Scotia Alliance for Healthy Eating and Physical Activity. Halifax, Nova Scotia.

Rehman, L.A. (2002). *An inventory of recreation accessibility within Nova Scotia*. A report submitted to Recreation Nova Scotia. Halifax, Nova Scotia.

vi) Book reviews - 1 item follows

Rehman, L.A. (1997). Managing gender: Affirmative action and organizational power in Australian, Canadian, and New Zealand sport, J. McKay (1997), Albany: State University of New York Press. [Book Review]. *Loisir et Societe/Society and Leisure*, 20(2), 560-565.

b) *Scholarly Professional Presentations*i) Invited Scholarly Conference Presentations – 1 item follows

Rehman, L., Campagna, P., & Thompson, A. (March, 2004). Are girls really “On the Move”? Examining physical activity and gender differences in Nova Scotia. Women’s Hockey Conference: Gender Issues On and Off the Ice. Saint Mary’s University, Halifax, Nova Scotia. (National) (I was responsible for the creation and delivery of this presentation).

ii) Scholarly Conference Presentations – 68 items follow

Caldwell, H., Miller M.B., Tweedie C., Zahavich, J.B.L., Cockett, E., & Rehman, L. (October, 2021). The effect of an after school physical activity program on children’s cognitive, social, and emotional health during the COVID-19 pandemic. *8th International Society for Physical Activity and Health (ISPAH)*. Vancouver, BC.

Caldwell, H., Miller M.B., Tweedie C., Zahavich, J.B.L., Cockett, E., & Rehman, L. (September, 2021). The impact of an after-school physical activity program on children’s physical activity and well-being during the COVID-19 pandemic: A mixed-methods evaluation study. *32nd Paediatric Work Physiology (PWP) Conference*. Wales, UK.

Branje, K., Joshi, N., Stone, M., Balcom, L., Cawley, J., Houser, N., Kolen, A., Kirk, S., Rainham, D., Rehman, L., & Turner, J. (October, 2018). How physically active are Nova Scotia preschoolers during care hours? *Healthy Living Healthy Life*, Halifax, NS.

Stone, M., Houser, N., Kolen, A., Rainham, D., Rehman, L., Turner, J., Kirk, S. (2018, September). Accelerometry-measured physical activity and sedentary behaviour of Nova Scotia preschoolers. Paper presented at the *Healthy Living, Healthy Life: Collaborative Health Conference on Research, Practice and Community Innovations Conference*, Dalhousie University, Halifax, NS. Retrieved from <https://ojs.library.dal.ca/HLHL/>

Houser, N., Stone, M., Cawley, J., Kirk, S., Kolen, A., Rainham, D., Rehman, L., & Turner, J. (October, 2018). Physical literacy in the early years: a loose parts intervention. *Healthy Living Healthy Life*, Halifax, NS.

Balish, S., Rehman, L., Shields, C., Bruner, M., & Keats, M. (October, 2015). Successful experiences for overweight children in sport. *Sport Canada Research Initiative Conference*. Gatineau, QC.

Webber, K.L., Rehman, L., Balish, S.M., Brown, S., Forrest, C., Gray, E., Mcguckin, M., Bruner, M., Keats, M., & Shields, C. (September, 2014). Is it the end of spontaneity? Exploring supports and challenges to providing successful experiences for overweight children in sport. *World Leisure Congress, Enhancing the human condition*. Mobile Bay, Alabama, USA.

Balish, S. M., Webber, K.L., Rehman, L., Brown, S., Forrest, C., Bruner, M.W., Keats, M., Shields, C. (2013, October). Perceptions shaping the youth sport experience: Examining self-efficacy, parental other-efficacy, and perceptions of overweight children in sport. *SCAPPS (Société Canadienne d'Apprentissage Psychomoteur et de Psychologie Sportive, poster)* Kelowna, BC.

Balish, S. M., Webber, K., Brown, S., Forrest, C., Bruner, M. W., Keats, M., Rehman, L., & Shields, C. (2013). Preliminary findings from the Successful experiences of Overweight children in Sport (SOS) project: Perceptions shaping the youth sport experience. *Poster presentation at the Sport Canada Research Initiative (SCRI) Conference*, Ottawa, ON.

Rehman, L., Webber, K., Balish, S., Brown, C., Forrest, C., Bruner, M., Keats, M., & Shields, C. (October, 2013). Exploring the successful experiences of overweight children in sport: The challenges of mixed methods research with at-risk populations. *19<sup>th</sup> Qualitative Health Research Conference*. Halifax, NS. (I was a co-author and presenter).

Rehman, L., Chircop, A., Shearer, C., Poirier, K., & Kirk, S. (October, 2013). Recreation facility food environments: Exploring opportunities to improve family food choices. *19<sup>th</sup> Qualitative Health Research Conference (poster)*. Halifax, NS. (I was a co-author and presenter of this poster).

Shearer, C., Rehman, L., Flannery, M., & Kirk, S. (October, 2012). There's "no time" for "healthy" food: Exploring factors influencing family decision making for healthy eating. *4<sup>th</sup> Conference on Recent Advances in the Prevention and Management of Childhood and Adolescent Obesity: Strategies and Solutions – From Practice to Policy (poster)*. Halifax, NS. (I was the primary author and presenter for this poster).

Holt, J., Rehman, L., & Singleton, J. (May, 2011). The stance of leisure studies: Looking for MOBI: The great white leisurely whale. *Canadian Congress on Leisure Research 13*. St. Catherine's, ON. (I was the presenter at this conference and wrote the abstract).

Rehman, L., Kirk, S., & Lyons, R. (May, 2011). Exploring the work involved with weaving the tapestry of active family leisure. *Canadian Congress on Leisure Research 13*. St. Catherine's, ON. (I was the presenter at this conference and wrote the abstract).

Rehman, L., Grant, J., & Kirk, S. (October, 2010). Exploring healthy youth recreation from multiple perspectives. *Annual Recreation Nova Scotia Conference: Leisure Symposium*. Halifax, NS. (I was the presenter at this conference and wrote the abstract).

Whittle, K., Rehman, L., Barnes, L., & Singleton, J. (June, 2010). An exploratory study to examine the relationship between academic achievement and physical activity of girls in grades four to six living in the Halifax Regional Municipality. Poster presentation at the *Student Obesity Meeting*, Ottawa, ON.

Rainham, D., Blanchard, C., Chircop, A., Drummer, T., Flannery, M., Kirk, S., Rehman, L., & Shearer, S. (June, 2010). How much and where? Using actimetry and global positioning systems (GPS) to assess the relationship between physical activity and the built environment. *Canadian Public Health Association Centennial Conference: Public Health in Canada: Shaping the Future Together*. Toronto, ON.

Thompson, A.M., Wadsworth, L.A., Campagna, P.D., Rehman, L.A., Murphy, R.J.L., Durant, M.A., & Arthur, M.A. (November, 2009). Actual versus self-reported height and weight in adolescents. *Applied Physiology, Nutrition, and Metabolism*, 34, S1 S95.

Chircop, A., Rehman, L., Chircop, A., Lyons, R., Grant, J., Rehman, L., Flannery, M., Kirk, S., Manuel, P., Pitter, R., & Shearer, C. (2009, October). Hey look! Youths' photographs and their families' narratives provide insight into the complex relationship of the built environment and youth obesity in Nova Scotia. Oral presentation at the *Qualitative Health Research Conference*, Vancouver, BC.

Rehman, L., Lyons, R., Manuel, P., Pitter, R., Shearer, C., & Shields, C. (2009, October) "Kids don't go outside anymore for whatever reason": Exploring perceptions of youth safety as a constraint to play. Oral presentation at the *Recreation Nova Scotia Annual Conference and Trade Show, Leisure Symposium*. Oak Island, NS.

Grant, J., Lyons, R., Arthur, M., Blanchard, C., Chircop, A., Dummer, T. Kirk, S., Manuel, P., McHugh, T., Parker, L., Pitter, R., Rainham, D., Rehman, L., Shearer, C., & Shields, C. (June, 2009). Optimizing investments in the built environment to reduce youth obesity: Methodological approaches and dilemmas. Poster session presented at the *7th International Conference on Diet and Activity Methods*, Washington, DC.

Durant, M., Campagna, P., Murphy, R., Rehman, L., Thompson, & Wadsworth, L. (May, 2009). Dietary intake reporting accuracy by BMI-classification of Nova Scotia youth. *Canadian National Obesity Summit*. Kananaskis, AB.

Durant, M., Campagna, P., Murphy, R., Rehman, L., Thompson, & Wadsworth, L. (May, 2009). Family income the strongest predictor of youth obesity among grade 7 and 11

students in Nova Scotia. Poster session presented at the *Canadian National Obesity Summit*. Kananaskis, AB.

Rehman, L., Campagna, P., Durant, M., Murphy, R., Rainham, D., Thompson, A., & Wadsworth, L. (October, 2008). Does availability of recreation facilities lead to more active children? Poster session presented at the *Childhood and Adolescent Obesity 2008: How We Live, How We Learn, and How We Work: Implications for the Prevention and Treatment of Childhood Obesity*. Vancouver, BC. (I was a co-investigator on this research project and was the team member who presented this poster at the conference).

McHugh, T.L., Shearer, C., Grant, J., Lyons, R., Arthur, M., Blanchard, C., Chircop, A., Drummer, T., Kirk, S., Manuel, P., Parker, L., Pitter, R., Rainham, D., Rehman, L., & Shields, C. (October, 2008). Optimizing investments in the built environment to reduce youth obesity. Poster session presented at the *Childhood and Adolescent Obesity 2008: How We Live, How We Learn, and How We Work: Implications for the Prevention and Treatment of Childhood Obesity*. Vancouver, BC. (I was a co-investigator on this research project and was the team member who presented this poster at the conference).

Harding, A., Rehman, L., Arthur, M., Campagna, P., Durant, M., Murphy, R., Thompson, A.M., & Wadsworth, L. (May, 2008). Socio-demographic differences in physically active leisure behaviours and preferences of Nova Scotia children and youth. *Canadian Congress on Leisure Research 12*. Montreal, QC.

Rehman, L., Cohen, A., & Singleton, J. (May, 2008). Environmental ambivalence: An exploration of recreation students' attitudes about the environment. *Canadian Congress on Leisure Research 12*. Montreal, QC.

Willson, C., & Rehman, L. (May, 2008). The role of leisure in balancing work and family: An exploration of the experience of full-time sales professionals. *Canadian Congress on Leisure Research 12*. Montreal, QC.

Thompson, A.M., Arthur, M.A., Campagna, P.D., Durant, M., Murphy, R.J.L., Rehman, L.A., Wadsworth, L.A., (April, 2008). Physical activity and body mass index of children and youth in the province of Nova Scotia 2001/2002 and 2005/2006, *Active Living Research 2008: Connecting Active Living Research to Policy Solutions*. Washington, DC.

St. John, M., Durant, M, Campagna, P.D., Rehman, L., Thompson, A.M., Wadsworth, L., Murphy, R.J.L. (September, 2007). Adherence to Canada's Food Guide to Healthy Eating: The roles of weight status and household income in Nova Scotia children and youth. *Canadian Public Health Association – 98<sup>th</sup> Annual Conference*. Toronto, ON. Poster presented at the

Fox, D.L., Campagna, P.D., Durant, M., Rehman, L., Thompson, A.M., Wadsworth, L., Murphy, R.J.L. (July, 2007). Screen time and obesity of boys and girls in NS. *APNR conference*. St. John's, NF.

Murphy, R.J.L., Campagna, P.D., Durant, M., Rehman, L., Thompson, A.M., Wadsworth, L. (July, 2007). Walking to school – Doesn't anyone do that anymore? *APNR conference*. St. John's, NF.

Rehman, L. (October, 2006). Leisure...what leisure? An exploration of leisure in the lives of unpaid caregivers. *Recreation Nova Scotia Annual Conference: Leisure Symposium*. Baddeck, NS.

Rehman, L., Arthur, M., Thompson, A., & Campagna, P. (October, 2005). Does income really matter to physically active leisure participation? *Recreation Nova Scotia Annual Conference: Leisure Research Symposium*. Wolfville, NS. (I was the primary presenter and analyzed the data for this presentation).

Rehman, L.A., Campagna, P., & Thompson, A. (May, 2005). "Monkey see, monkey do": Parental role modelling and the impact on children's physically active leisure. *Canadian Congress on Leisure Research 11*. Nanaimo, British Columbia. (I was the presenter at this conference and wrote the abstract).

Rehman, L.A., Gahagan, J., & McWilliam, S. (May, 2005). "There is always the drunk sex!" "Partying" and risk of HIV transmission among young heterosexual males. *Canadian HIV/AIDS Research Conference*, Vancouver, British Columbia.

Rehman, L.A., Ipson, N., Pickard, T., & Richardson, L. (May, 2005). Exploring the experiences of recreation-based small business owners. *Canadian Congress on Leisure Research 11*. Nanaimo, British Columbia. (I was a co-presenter at this conference and shared the writing of the abstract).

Thompson, A., Rehman, L., Campagna, P., & Arthur, M. (June, 2004). Physical activity and overweight in a random sample of Nova Scotia students in grades 3, 7, and 11. Atlantic Health Promotion Research Center Forum. Moncton, New Brunswick. (Regional). (I was a co-presenter and shared the development and delivery of the presentation).

Rehman, L., Campagna, P., Thompson, A., Rasmussen, R., Ness, G., Murphy, R., & Porter, J. (November, 2003). What are children and youth doing during their recreation? Recreation Nova Scotia 6<sup>th</sup> Annual Conference: Research Symposium. Oak Island Inn, Nova Scotia. (Provincial) (I was involved in the administration of this research project, data analysis, writing of the abstract, and conference presentation.)



Pickard, T., Rehman, L., & Ipson, N. (November, 2003). Creating employment in Nova Scotia? Examining the impact of entrepreneurial recreation small businesses. Recreation Nova Scotia 6<sup>th</sup> Annual Conference: Research Symposium. Oak Island Inn, Nova Scotia. (Provincial) (I was involved in the administration of this research project, data analysis, writing of the abstract, and conference presentation.)

Skinner, M., Attis, L., Hodge, T., Kolter, C., Rehman, L., & Singleton, J. (November, 2003). Leisure orientation: Benefits to students transition to university. Recreation Nova Scotia 6<sup>th</sup> Annual Conference: Research Symposium. Oak Island Inn, Nova Scotia. (Provincial) (I was involved in the administration of this project, writing of the abstract, and conference presentation.)

Thomson, G., Rehman, L., & Singleton, J. (November, 2003). Finally a job in my field. Recreation Nova Scotia 6<sup>th</sup> Annual Conference: Research Symposium. Oak Island Inn, Nova Scotia. (Provincial) (I was involved in the administration of this research project, writing of the abstract, and conference presentation.)

Rehman, L.A., Genoe, R., Pickard, T., Ipson, N., Shaw, S. (November, 2003). Examining the “engines of progress”: Gender differences in small business ownership and worklife negotiation. *Canadian Council for Small Business and Entrepreneurship Annual Conference*. Victoria, British Columbia. (National) (I was involved in the administration of this research project, data analysis, writing of the abstract, and conference presentation.)

Rehman, L.A., Pickard, T., Genoe, R., Ipson, N., Shaw, S. (November, 2003). The Negotiation of Work, Family, and Leisure by Small Business Owners: What impact do “engines of progress” have upon the Owners? *Canadian Council for Small Business and Entrepreneurship Annual Conference*. Victoria, British Columbia. (National) (I was involved in the administration of this research project, data analysis, writing of the abstract, and conference presentation.)

Bennett, T.L., Campagna, P.D., Thompson, A.M., Rehman, L., Rasmussen, R.L., Ness, G.W., Murphy, R.J.L., & Porter, J. (October, 2003). Physical activity levels in children and youth: Weekday vs. weekend. *Canadian Society of Exercise Physiology Symposium*. Niagara on the Lake, Ontario. (National) (I was involved in the data analysis of this project.)

Campagna, P.D., Thompson, A.M., Rehman, L., Rasmussen, R.L., Ness, G.W., Murphy, R.J.L., & Porter, J. (October, 2003). Physical activity levels in grade 3 children during the school day. *Canadian Society of Exercise Physiology Symposium*. Niagara on the Lake, Ontario. (National) (I was involved in the data analysis of this project.)

Lewis, J., Campagna, P.D., Thompson, A.M., Rehman, L., Rasmussen, R.L., Ness, G.W., Murphy, R.J.L., & Porter, J. (October, 2003). A comparison of reference values for BMI and percent body fat in children and youth. *Canadian Society of Exercise Physiology Symposium*.

Niagara on the Lake, Ontario. (National) (I was involved in the data analysis of this project.) Thompson, A.M., Campagan, P.D., Rehman, L.A., Rasmussen, R.L., Ness, G.W., Murphy, R.J.L., & Porter, J. (October, 2003). A comparison of physical activity levels of students in grades 3, 7, and 11 according to body mass index. *Canadian Society of Exercise Physiology Symposium*. Niagara on the Lake, Ontario. (National) (I was involved in the data analysis of this project.)

Gahagan, J., Rehman, L., Reynolds, A., McWilliam, S., & Robinson, N. (June, 2003). Bridging the Gap: Turning Research into Practice – A capacity-building framework to improve young males' sexual and reproductive health. *Guelph Sexuality Conference*. Guelph, Ontario. (National) (I was involved in the administration of this research project, data analysis, writing of the abstract, and conference presentation.)

Rehman, L.A., Robinson, L.M., & Nordqvist, D. (May, 2003). Surfing and other pastimes: Understanding students' experiences with net and computers. *7<sup>th</sup> Annual Office of Instructional Development and Technology Conference*. Halifax, Nova Scotia. (Local). (I was involved in the data analysis, administration of the research project, submission of abstract, conference presentation.)

Gahagan, J., & Rehman, L. (April, 2003). To enter or reenter the workplace: An exploration of the experiences of a sample of PHAs in Nova Scotia. *Canadian Association of AIDS/HIV Research Conference*. Halifax, Nova Scotia. (National) (I was involved in the data analysis, writing of the abstract, and conference presentation.)

Gahagan, J., Rehman, L., & DiCenso, A.M. (April, 2003). Unlocking our futures: Exploring HIV/HCV prevention, care, and treatment for women living in the Canadian federal prison system. *Canadian Association of AIDS/HIV Research Conference*. Halifax, Nova Scotia. (National) (I was involved in the data analysis, writing of the abstract, and conference presentation.)

Gahagan, J., Rehman, L., Reynolds, A., McWilliam, S., & Robinson, N. (April, 2003). Where's buddy? The continuing absence of young heterosexual males in the HIV prevention education discourse. *Canadian Association of AIDS/HIV Research Conference*. Halifax, Nova Scotia. (National) (I was involved in the administration of the research project, data analysis, writing of the abstract, and conference presentation.)

McWilliam, S., Robinson, N., Gahagan, J., Rehman, L., & Reynolds, A. (April, 2003). We hear you loud and clear: Listening to what young heterosexual males in Nova Scotia have to say about their sexual health education needs. *Canadian Association of AIDS/HIV Research Conference*. Halifax, Nova Scotia. (National) (I was involved in the data analysis and administration of the research project.)

Robinson, N., McWilliam, S., Gahagan, J., Rehman, L., & Reynolds, A. (April, 2003). But we 'trust' each other: Moving beyond trust and exploring condom use among young adults. *Canadian Association of AIDS/HIV Research Conference*. Halifax, Nova Scotia. (National) (I was involved in the data analysis and administration of the research project.)

Gahagan, J., Rehman, L., Reynolds, A., McWilliam, S., & Robinson, N. (January, 2003). The impact of gender roles on HIV prevention education: What young heterosexual males have to say about HIV prevention in relation to their female sexual partners. *Impact of Global Issues on Women and Children*. Bangkok, Thailand. (International) (I was involved in the administration of the project, data analysis, and writing of the abstract.)

Nordqvist D., Campagna, P., Rehman, L., Ness, G., Murphy, R., Rasmussen, R., Thompson, A., & Porter, J. (October, 2002). A comparison of body composition, correlates and physical activity levels of grade 3 children in two regions of Nova Scotia. *Canadian Society for Exercise Physiology*. St. John's, Newfoundland (National) (I was involved in the data analysis for this project).

Gahagan, J., & Rehman, L. (July, 2002). All or nothing? Antiretroviral therapy and disability pension benefits. *XIV International AIDS Conference*. Barcelona, Spain. (International) (I was involved in the data analysis, writing of the abstract, and preparation of presentation materials.)

Gahagan, J., & Rehman, L. (July, 2002). Are women getting what they need? Access to HIV information in the prenatal context. *XIV International AIDS Conference*. Barcelona, Spain. (International) (I was involved in the data analysis, writing of the abstract, and preparation of presentation materials.)

Rehman, L., Robinson, L., & MacQueen, J. (May, 2002). Celebrating Net gains: Transforming the nature of leisure. *Canadian Congress on Leisure Research 10*. Edmonton, Alberta. (National) (I was involved in the data collection, analysis, writing of the abstract, and preparation of presentation materials.)

Robinson, L., Rehman, L., & MacQueen, J. (March, 2002). Time use, time pressure and work relationships for women academics in Canada. *An International Time Use Conference*. Waterloo, Ontario. (International) (I was involved in the data collection, analysis, writing of the abstract, and preparation of presentation materials.)

Rehman, L. (October, 2001). Myth or reality: Leisure experiences of home-based workers. *National Recreation and Parks Association Annual Conference*. Denver, Colorado. (International)

Leonard, L., Gahagan, J., Doherty, M., Hankins, C., & Rehman, L. (2001). The experience of testing for HIV in pregnancy: Deviation from established Canadian principles of

HIV testing? *10<sup>th</sup> Annual Canadian Association of HIV/AIDS Research*. Toronto, Ontario. (National) (I was involved in the data analysis for the Nova Scotia component of the research project.)

Leonard, L., Gahagan, J., Doherty, M., Hankins, C., & Rehman, L. (2001). HIV testing in pregnancy: Exception to the rule? *10<sup>th</sup> Annual Canadian Association of HIV/AIDS Research*. Toronto, Ontario. (National) (I was involved in the data analysis for the Nova Scotia component of the research project.)

Rehman, L.A. (May, 1999). Sport, fitness, and recreation entrepreneurship: The doubleedged sword. *Canadian Congress on Leisure Research 9*. Wolfville, Nova Scotia. (National)

Rehman, L.A. (July, 1998). Using Eichler to inform family leisure research. *Leisure Studies Association 1998 Conference*. Leeds, United Kingdom. (International)

Rehman, L.A. (April, 1998). The intersection of work, leisure, and family. *Graduate Association of Recreation and Leisure Studies Annual Conference*. University of Waterloo, Ontario. (Local)

Rehman, L.A. (October, 1997). Entrepreneurship in the fitness and sport industry: The strategies of women consultants. *National Recreation and Parks Association Conference*. Salt Lake City, Utah. (International)

Rehman, L.A. (May, 1997). Doing gender: An examination of the experiences of women consultants. *Graduate Association of Recreation and Leisure Studies Annual Conference*. University of Waterloo, Ontario. (Local)

iii) Professional Presentations – 8 items follow

Singleton, J., R. Booth, Fenton, L., Gallant, K., Hutchinson, S., Hamilton-Hinch, B., Hopper, T., Rehman, L., & Ritcey, A. (April, 2015). World Café: Educating Our Future Therapeutic Recreation Professionals: Future Directions and Considerations. Therapeutic Recreation Atlantic Association of Canada Annual Conference. Halifax, NS. (I was involved in the development of this proposal as well as a co-facilitator of the presentation).

Webber, K., Rehman, L., Balish, S., Brown, C., Bruner, M., Forrest, C., Keats, M., & Shields. (May, 2014). Successful experiences of overweight children in sport: A mixed methods study. *Mobilizing our Communities: Taking Health Promotion to the Streets*. Injury Free Nova Scotia. Halifax, NS. (I was one of the co-presenters on this and helped to prepare the poster).

Rehman, L., Arthur, M., Thompson, A., Campagna, P., Durant, M., Murphy, R., & Wadsworth, L. (October, 2006). Supporting active lifestyles of children and youth: Does it have to be so much work. Recreation Nova Scotia Annual Conference and Annual General Meeting. Baddeck, NS. (I was one of the presenters and helped to prepare the presentation).

Frankland, C., Maguire, M., Singleton, J., & Rehman, L. (May, 2006). Learning by doing: Experiential education and therapeutic recreation. Canadian Therapeutic Recreation Annual Conference, Halifax, NS. (I was an equal contributor and presenter in this presentation).

Ipson, N., & Rehman, L. (March, 2004). So what is “TR” anyways? Promoting yourself and your profession. *Atlantic Canadian Society for Certified Therapeutic Recreation Specialists Annual Conference and General Meeting*. Halifax, Nova Scotia. (Provincial) (I was involved in the creation and delivery of this session.)

Rehman, L., Singleton, J., MacQueen, J. (March, 2002). All in the family. *Atlantic Canadian Society for Certified Therapeutic Recreation Specialists Annual Conference and General Meeting*. Halifax, Nova Scotia. (Provincial) (I was involved in the creation and delivery of this session.)

Rehman, L., & Nordqvist, D. (October, 2001). Inventory of recreation accessibility. *Recreation Nova Scotia Annual Conference*. Baddeck, Nova Scotia. (Provincial) (I was involved in the data collection, analysis, and preparation of presentation materials.)

Rehman, L.A. (April, 1999). Marketing and promoting recreation programs. *Newfoundland and Labrador Parks/Recreation Association Annual Conference*. Happy Valley/Goose Bay, Labrador. (Provincial)

iv) Workshops – 10 items follow

Rehman, L. (June, 2023). Inclusive leisure: What is it and why is it important? Camp recreation leader training, Dalhousie University, Halifax, NS.

Rehman, L. (October, 2019). Research and evaluation: Why we do it and where do we start? *NS Trails*. Halifax, NS.

Stone, M., Westwood, D., & Rehman, L. (March, 2017). Get up and move more for Health: Workplace wellness workshop. *Dalhousie University*.

Rehman, L. (October, 2016). Evaluation 101: So you want to be able to say something about the amazing things you’ve done or what are the amazing things I should be doing? *Try Do*. Halifax, NS.

Stone, M., Westwood, D., & Rehman, L. (June, 2016). Get up and move more for health. *Bedford Institute of Oceanography*.

Rehman, L. (June, 2016). Leadership and decision making: Making challenging decisions. *St. Vincent's Nursing Home*.

Rehman, L. (November, 2015). Relationship marketing: Why emotional connections to your clients are so important. *Fall symposium for Nova Scotia Fitness Association*.

Hamilton-Hinch, B., & Rehman, L. (June, 2010). Diversity training for aquatics leaders. *Nova Scotia Lifesaving Society*. Halifax, Nova Scotia. (Local). (I was involved in the development of the workshop and facilitation of it).

Hamilton-Hinch, B., & Rehman, L. (June, 2010). Disparity reduction workshop. *Recreation Nova Scotia Workshop for Parks and Recreation Organizations*. Halifax, Nova Scotia. (Local) (I was involved in the development of the workshop and facilitation of it).

Robinson, L., Rehman, L., & MacQueen, J. (May, 2002). Working women/working relationships: Implications of support from research collaboration & mentoring. *Office of Instructional Development Invited Presentation*. Saint Mary's University, Halifax, Nova Scotia. (Local) (I was involved in the data collection and analysis of the information presented at this workshop.)

c) *Grants Received*

i) Research grants/contracts received (as Principal or Co-Principal Investigator) – 18 items follow

**Planning for Let's Get Moving Halifax Regional Municipality.** (2021-2022, \$8,850). Active Communities Fund, NS Department of Community Culture and Heritage. (I am the co-principal investigator with Diane Levandier).

**Exploring the Impact of the BOKS program with School-aged Children.** (2019-2022, \$123,715.90). Public Health Agency of Canada. (I am the principal investigator on this project and other co-investigators include: S. Kirk, C. Blanchard, D. Stevens, M. Stone).

**Evaluation of Halifax Active Living Alliance.** (2017-18, \$10,000). Department of Community, Culture and Heritage, Community Development Grant. (I was the principal investigator on this project).

**Assessment of Comprehensive Self-Care Programs in the Workplace: A Mixed Methods Study.** (2015-2016, \$15,000). MITACS Accelerate in partnership with

Investors Group. I was the supervisor and Sean Hennessey was the PhD student intern.

**Successful experiences for Overweight children in Sport (SOS).** (2012-2014, \$136,571), Social Sciences and Humanities Research Council. (I am a co-principal investigator on this project. The other PI is C. Shields (Acadia University). Other co-investigators include: M. Bruner and M. Keats.

**At My Best: Aboriginal school pilot project.** (2010, \$10,755). Physical Health Education Canada. (I was a co-principal investigator on this project. Three provinces participated in the study and the other PIs included: N. Francis (Ontario) and L. Humbert (Saskatchewan). Co-principal investigators for Nova Scotia also include S. Kirk and F. Gabbani.

**An evaluation of active transportation in Nova Scotia.** (2009, \$1500). Union of Nova Scotia Municipalities, Active Transportation Committee. (I was the principal investigator on this project).

**An environmental scan of youth walking programs.** (2009, \$4,000). Heart and Stroke Foundation of Nova Scotia. (I was the principal investigator on this project).

**Assessment of satisfaction of Nova Scotia Fitness Association members.** (2008, \$1500). Nova Scotia Fitness Association. (I was the principal investigator on this project).

**Activekidsns.ca research contract – phase 2.** (2008, \$3100). Recreation Nova Scotia and Nova Scotia Health Promotion and Protection. (I was a co-principal investigator on this project. The other principal investigator was A. Thompson).

**Activekidsns.ca research contract – phase 1.** (2006-2007, \$3100). Recreation Nova Scotia and Nova Scotia Health Promotion and Protection. (I was a co-principal investigator on this project. The other principal investigator was A. Thompson).

**Physical activity counselling grant.** (2003, \$21,030). Heart and Stroke Foundation of Nova Scotia. (I was a co-principal investigator on this project along with P. Campagna and A. Thompson).

**Further analysis of children and youth data.** (2003, \$5,520). Sport and Recreation Commission of Nova Scotia. (I was a co-principal investigator on this project along with P. Campagna).

**HIV prevention among heterosexually active young males in Nova Scotia: Implications for best practices.** (2002-2004, \$136,912.24)

Canadian Foundation for AIDS Research. I was one of three principal investigators on this project along with J. Gahagan and C. Amaratunga. There are no other investigators.

**Entrepreneurial success strategies: Defining small business success within recreation service-based businesses in NS.** (2003, \$3,498.00)

The Faculty of Graduate Studies, Research Development Fund for the Humanities and Social Sciences. I am the principle investigator for this project. A linked project was also successful in receiving funding in which N. Ipson is the principle investigator.

**The web for working women.** (2001, \$800)

The Office of Instructional Development and Technology. I was the principle investigator on this project with L. Robinson as a co-investigator.

**Promoting access for all: An inventory of recreation accessibility within Nova Scotia.** (2001, \$1,500)

Nova Scotia Neurotrauma Society. I was the principal and sole investigator on this project.

ii) Research grants/contracts received (as Co-Investigator) – 15 items follow

**PLEY-School: Evaluation of an early elementary school-based outdoor loose parts intervention for its impact on the health of children.** (2019-2022, \$149,760.16)

Nova Scotia Health Research Foundation (Research Nova Scotia) Establishment Grant. Nominated Principal Investigator: Stone, M. Co-Principal Investigator: Spencer, R. Co-Investigators: Hamilton-Hinch, B.; Kolen, A.; McIsaac, JL; Rainham, D.; Rehman, L.; Stevens, D.; Truong, S.; Turner, J. Mentor: Kirk, S. Research Associates: Cawley, J.; Griffin, J.; Joshi, N.; Maher, P.; Watson, C.

**Female Indigenous youth ice hockey leadership program.** (2019-2021, \$137,000).

Sport Canada: Sport Support Program (Innovation Initiative). The principal investigator is R. Frayne. Other co-investigators include: R. Francis, A. Walsh, and L. Thornley.

**Risky, outdoor play: Essential to establishing healthier, happier and resilient communities.** (2019, \$3250). Picchione Visiting Scholar Program. The principal investigator is S. Kirk. Other co-investigators include: M. Stone.



**#PLEYRocks: A knowledge sharing strategy to improve children's physical literacy through quality outdoor play in Nova Scotia early years settings.** (2019, \$10,000).

Nova Scotia Health Research Foundation, Knowledge Sharing Support Award. The principal investigator is M. Stone. Other co-investigators include: J. Cawley, S. Kirk, D. Rainham, and J. Turner.

**Can loose parts foster unstructured, self-directed, risky outdoor play? A multi-level intervention in early years settings.** (2016-2018, \$300,000). Lawson Foundation. (I

am a co-investigator on this project. The co-principal investigators are S. Kirk and M. Stone. Other co-investigators include: J. Turner, D. Rainham, and A. Kolen.

**Healthy Eating in Recreation and Sport Settings (HERSS).** (2013-2015, \$99,570).

Canadian Institutes of Health Research: Population Health Intervention. (I am a co-investigator on this project. The principal investigator is S. Kirk. Other coinvestigators include: A. MacDonald, J. McIsaac, P. Naylor, D. Olstad, K. Raine, C. Shearer, and D. Stegen).

**Behind the Scenes: Interprofessional Insight on Patients' and Practitioners' Interactions and Experiences with Obesity Management.** (2013, \$24,164.00). Canadian Institutes of Health Research Dissemination Grant. (I am a co-investigator on this project.

The co-principal investigators are S. Price and S. Kirk. Other co-investigators include: M. Aston, M. Vallis, & J. Curran).

**TIME (Tools, Information, Motivation, and Environment) for health: A multi-level, multi-component intervention to promote healthy eating and active living in youth.**

(2011-2014, \$598,553). Canadian Institutes of Health Research and Heart and Stroke Foundation of Canada. (I am a co-investigator on this project. The principal investigators include: S. Kirk and D. Rainham. Other co-investigators include: D. Molloy, C. Shearer, A. Chircop, R. Bassett, S. Abidi, C. Alvaro, and C. Blanchard).

**Optimizing investments in the built environment.** (2007-2012, \$600,000)

Canadian Institutes of Health Research. (I am a co-investigator on this project. The principal investigators include: R. Lyons and J. Grant. Other coinvestigators include: S. Kirk, C. Blanchard, R. Pitter, and A. Chircop).

**Obesity management: The invisibility of a visible epidemic.** (2008-2011, \$149,925)

Nova Scotia Health Research Foundation, Health Research Project grant. (I am a co-investigator on this project. The principal investigator is S. Kirk. Other coinvestigators include: R. Lyons, M. Vallis, M. Aston, S. Price, J. Curran, and M. Ungurain).

**Physical activity and dietary intake of NS children and youth: PACY 2005.** (2005-2008, \$700,000)

Nova Scotia Health Promotion and Protection. (I was a co-investigator on this project. The principal investigator was P. Campagna. Other co-investigators included: M. Durant, R. Murphy, L. Wadsworth, and A. Thompson).

**Housing and health: The impact of alternative service delivery and supportive housing on health outcomes.** (2004, \$97,562)

Canadian Institutes of Health Research: Reducing health disparities and promoting equity for vulnerable populations. (I was a co-investigator on this project. The co-principal investigators included: S. Kisely, J. Karabanow, and J. Hughes. Other co-investigators included: L. Campbell, J. Gahagan, D. Kiceniuk, and B. Rusak).

**A research proposal to monitor physical activity levels in children and youth in the Province of Nova Scotia.** (2001-2003, \$171,800)

Sport and Recreation Commission, Nova Scotia Department of Health/Department of Education. (P. Campagna, Principal Investigator). I was a co-investigator on this project. Other co-investigators included: R.J.L. Murphy, G. Ness, J. Porter, A. Thompson, and R. Rasmussen.

**The web-feet project: Building web use familiarity in undergraduates.** (2001, \$800)

The Office of Instructional Development and Technology. (L. Robinson, Principal Investigator). I was a co-investigator on this project and there were no other members.

**A hammer and nail project.** (1999-2000, \$60,000)

Sadye and Samuel Bronfman Foundation. (J. Robinson, Principal Investigator). I was a co-investigator on this project and assisted in writing the grant as well as initial data collection.

iii) Research grants/contracts received (as Collaborator) – 1 item follows

**A healthy balance: A community alliance for health research on women's unpaid caregiving.** (2001-2006, \$342,657).

Canadian Institute of Health Research Community Research Alliance Health Research grant. (B. Neumann, B. Clow., and C. Amaratunga were Co-Principal Investigators). I was a collaborator on the project and was a member of the "Team Q" or qualitative research team.

*d) Activities as a Peer Reviewer*

Manuscript reviewer for Qualitative Health Research Journal 2007-Present  
Manuscript reviewer for International Journal of Environment Research and Public Health 2015-Present  
Manuscript reviewer for Leisure Sciences 2015-Present  
Associate Editor for Leisure/Loisir 2006-2009  
Manuscript reviewer for Journal of Leisure Research 2005  
Manuscript reviewer for Therapeutic Recreation Journal 2004-2005  
Scientific Officer for Nova Scotia Health Research Foundation PSO Grant Review Competition 2009, 2010, 2014, 2015, 2021  
Peer reviewer for Nova Scotia Health Research Foundation KSSA Grant Review 2017  
Peer reviewer for the AMS Grant Review Competition, NSHRF 2015  
Abstract Reviewer for the Society of Behavioural Research 2008, 2009, 2010

**Administrative/Service Responsibilities**

*a) University Committees*

Chair, Faculty of Medicine Senate Review (2020-2023)  
Member, Social Sciences and Humanities Ethics Review Board (2016-2019)  
President, Dalhousie University Faculty Association Executive Committee (2016-2017)  
President Elect, Dalhousie University Faculty Association Executive Committee (2015-2016)  
Member, Grievance Committee, Dalhousie University (2015-2017)  
Member, Academic Board Relations Committee (ABC) of Dalhousie University (2014-2017)  
Member, Dalhousie University Faculty Association Executive Committee (2014-2015)  
Member, Dalhousie University Faculty Association Executive Committee (2012-2013)  
Chair, Committee on Committees, Dalhousie University Faculty Association (2012-2013)  
Member, Dalhousie University Faculty Association, Negotiation Team (2011)  
Member, Dalhousie University Faculty Association, Executive Committee (2007-2008)  
Member, Memorial University Faculty Association Status of Academic Women Council (1998-2000)

*b) Faculty Committees*

Member, Dean's Executive (2017-Present)  
Member, Tenure and Promotion Committee, Faculty of Health Professions (2012-2015)  
Member, Committee on Studies, Faculty of Health Professions (2009-2012)  
Member, Full Faculty, Faculty of Health Professions (2000-Present)

c) *School Committees*

Chair, Committee of the Whole, School of Health and Human Performance (2017-Present)

Chair, School Advisory Committee, School of Health and Human Performance (2017-Present)

Committee member, Division of Recreation and Leisure Studies, School of Health and Human Performance (2000-Present)

Committee member, Committee of the Whole, School of Health and Human Performance (2000-2017)

Committee member, Curricula Committee, Faculty of Management, Bachelor of Management (2008-2016)

Committee member, School Advisory Committee, School of Health and Human Performance (2008-2015)

Chair, Undergraduate Student Appeals Committee (previously named Committee on Studies), School of Health and Human Performance (2011-2015)

Chair, Undergraduate Advisory Committee, School of Health and Human Performance (2008-2010)

Chair, Department of Recreation and Leisure Studies, School of Health and Human Performance (2008-2013, 2014-2015)

Committee member, Department of Recreation and Leisure Studies, School of Health and Human Performance (2000-2011)

Chair, Department of Health Promotion, School of Health and Human Performance (2008-2011)

Chair, Kinesiology program area, School of Health and Human Performance (2008-2010)

Committee member, Health promotion program area, Search Committee (2010)

Chair, Technology Committee in the School of Health and Human Performance (2000-2004)

Committee member, Tenure and Promotion Committee, School of Health and Human Performance (2005-2007)

Chair, Curriculum Overview Committee, School of Health and Human Performance (2002-2004)

Committee member, Curriculum Overview Committee (2001-2004)

Committee member, Leisure Studies Program Area Search Committee (2000-2001)

Chair, Health Education Program Area Search Committee (2000-2001)

Committee member, Promotion and Tenure Committee, School of Physical Education, Recreation, and Athletics, Memorial University, (1999-2000)

**Community Service Activities**

Member, Professional development committee, Canadian Parks and Recreation Association (2013-Present)

Member, Recreation for All Foundation Board of Directors (2012-2016)

Past President, Recreation Nova Scotia Board of Directors (2010-2011)  
President, Recreation Nova Scotia Board of Directors (2009-2010)  
Board member, Recreation Nova Scotia Board of Directors (2006-2011)  
President Elect, Recreation Nova Scotia Board of Directors (2008-2009)  
Chair, Metro Non-Profit Housing Association of Dartmouth (2003-2009)  
Vice Chair, Metro Non-Profit Housing Association of Dartmouth (2009-2010)  
Board member, Metro Non-Profit Housing Association of Dartmouth (2000-2010)  
Committee member, Personnel Committee of Metro Non-Profit Housing Association (2001-2002)  
Committee member, HIGH FIVE Recreation Nova Scotia (2004-2006)  
Secretary, Arthur Kidston Memorial Camp (2003-2006)  
Board member, Arthur Kidston Memorial Camp (2001-2006)  
Committee member, Recreation Accessibility Committee (2000-2002)  
Committee member, Accessible Playground Committee (2000-2002)  
Board member of the St. John's Status of Women Council/Women's Centre (1999-2000)  
Chair, St. John's Status of Women Council/Women's Centre (2000) Committee member, St. John's Status of Women Council/Women's Centre Hiring/Personnel Committee (1999-2000)

### **Continuing Education and Conferences Attended and/or Organized**

- (2018) Scientific committee co-chair, Healthy Living, Healthy Life, Halifax, NS.
- (2016) Participant, Canadian Association of University Business Officers Annual Conference, Quebec City, QC.
- (2016) Delegate, Canadian Association of University Teachers Council, Ottawa, ON.
- (2015) Alternate, Canadian Association of University Teachers Council, Ottawa, ON.
- (2014) Chair, Canadian Congress on Leisure Research. Canadian Association of Leisure Studies. Halifax, NS.
- (2012) Co-chair (with B. Hamilton-Hinch). Annual Leisure Research Symposium. Recreation Nova Scotia Annual Conference, Truro, NS.
- (2009) Participant, Building bridges between interprofessional education and practice. Collaborating Across Borders II. CIHC and Dalhousie University, Halifax, NS.
- (2008) Participant, From research to policy to practice and back again. Nova Scotia Health Research Foundation. Halifax, NS.

(2008) Participant, Social marketing and youth luncheon. Recreation Nova Scotia, Halifax, NS.

(2005) Participant, The many faces of homelessness: Transforming research into action. CAH Research Conference, Halifax, NS.

(2004) Participant, Linking health promotion research to policy in Atlantic Canada. Atlantic Health Promotion Research Centre, Université de Moncton, NB.